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Health Issues

Quitting Smoking

If You Want to Quit, Things to Know

To reduce the health effects of smoking, the best thing to do is to quit; public health authorities do not endorse either smoking fewer cigarettes or switching to lower tar and nicotine brands as a satisfactory way of reducing risk. In fact, one of the required cigarette warnings for packages and advertisements in the U.S. is "SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health."

It can be difficult to quit smoking, and many smokers who try to quit do not succeed. However, millions of smokers in the United States and around the world have succeeded.

For those smokers who want to quit but are having difficulty, there are many programs and products marketed as being helpful, including group classes, hypnosis, nicotine replacement therapies and smoking deterrents. The U.S. Surgeon General has said that "[s]moking cessation researchers have long recognized smoking to be a complex behavior influenced by physiological, psychological, cognitive and social factors...In general, most cessation treatments yield 1-year quit rates (based on all original participants) between 10 and 40 percent..."

If you want to quit and believe that outside assistance would be helpful, we encourage you to investigate the wide selection of options that are available, and see if there are any that seem right for you.

 Visit these sites
for more info:

- > [quitnet.org](#)
- > U.S. Centers for Disease Control: How to Quit
- > Information on the benefits of quitting from the National Cancer Institute
- > Summary of "The Health Benefits of Smoking Cessation: A Report From the Surgeon General (1990)"
- > Highlights Of "Reducing the Health Consequences Of Smoking 25 Years Of Progress: A Report Of The Surgeon General (1989)"
- > [drkoop.com](#)
- > National Cancer Institute Monograph 13 Press Release, which includes a link to the full study: "Risks Associated With Smoking Cigarettes with Low Machine-Measured Yields of Tar and Nicotine"
- > The FTC Cigarette Test Method for Determining Tar, Nicotine, and Carbon Monoxide Yields of U.S. Cigarettes
- > Report of the UK Scientific Committee on Tobacco and Health 1998 Part Seven: The Review of Emissions from Cigarettes
- > Tobacco Control Online article: The future of tobacco product regulation and labelling in Europe: implications for the forthcoming European Union directive

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- » CDC Report: Cigarette Smoking Among Adults
- United States, 2000